



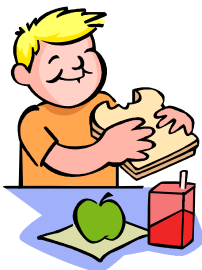
Heart Healthy Month

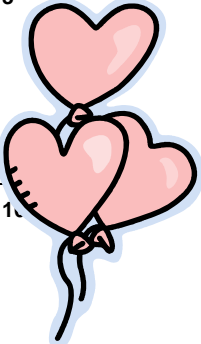

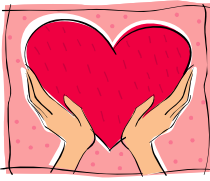
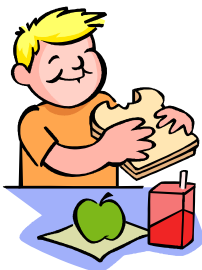
February 2008

FUN FACT

Keep your heart happy and healthy. How? Here are a few tips:

- Your heart is a muscle, so exercise it.
- Eat a variety of healthy foods and avoid foods high in unhealthy fats.
- Don't smoke.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<i>Regular exercise helps strengthen the heart!</i>				1 The heart pumps about 2,000 gallons of blood a day. <u>Tell a friend!</u>	2
3 	4 An adult's heart weighs between 8-10 ounces. <u>Do 8 tuck jumps, and then do 9 tuck jumps. Now do 10!</u>	5 The body has about 6 quarts of blood. <u>Do 6 bicep curls. Repeat 2 times.</u>	6 Your heart is a muscle. <u>Can you do 20 strong man poses?</u>	7 Arteries carry blood away from the heart. <u>Walk 100 steps before dinner.</u>	8 The heart is the size of your fist. <u>Pretend you are a boxer and practice your punches.</u>	9 <i>Show your family how to find your pulse.</i>
10 	11 Blood travels about 12,000 miles a day. <u>Run 1 minute. Then run 2 minutes.</u>	12 Blood is about 78% water. <u>Smile 78 times today.</u>	13 Lub, Dub is the sound of the heart valves opening and closing. <u>Make up a new game.</u>	14 HAPPY VALENTINE'S DAY!	15 Aerobic exercises help to strengthen the heart. <u>Do 15 frog jumps.</u>	16
17 <i>Physical Education helps your child have a healthy heart.</i>	18 The heart has four chambers. <u>Do 4 different stretches and hold each of them for 30 seconds.</u>	19 Your heart is located in the center of your chest. <u>Try 20 side to side jumps.</u>	20 The aorta is the largest artery of the body. <u>Stand as tall as you can to improve your posture.</u>	21 An electrocardiograph (ECG) checks on your heart. <u>Do a jumping jack for each letter.</u>	22 A cardiologist is a doctor who knows all about the heart. <u>Play catch with a friend.</u>	23 
24 	25 Your heart has four valves. <u>Run in place for 30 seconds. Rest. Do this 3 more times.</u>	26 The resting pulse of a child is 90-120 beats per minutes. <u>Find your beat and dance!</u>	27 Veins carry blood to your heart. <u>Walk 200 steps after dinner.</u>	28 Your pulse is caused by the contraction of your heart. <u>Play Hot Potato with a friend.</u>	29 Your heart doesn't look like a valentine! <u>Do 5 sit-ups for every one you love.</u>	